



BCBSM State of Michigan PPO Wellness Programs

Weight Loss, Nutrition and Health Eating

BCBSM recognizes that most major diseases share one common risk factor: obesity. Studies show that weight loss - even a small amount - can help reduce or eliminate your risk for heart disease, diabetes, and high blood pressure. If you're already diagnosed with one of these conditions, weight loss can help reduce your symptoms and make it easier for you to manage your disease.

To help you improve the quality of your life, **Weight Watchers offers special discounts** to Blue Cross Blue Shield members in Michigan. Show your Blue ID card to save approximately 25% off registration fees and initial 12-week plan.

* To find the Weight Watchers location nearest you, call 1-800-651-6000 or visit [Weight Watchers](#). Discounts only apply to Weight Watchers chapters in Michigan.

Stress Management, Smoking Cessation and Fitness

BCBSM has developed a support system to help members manage chronic conditions such as heart disease, diabetes and asthma. This disease management program, Coordinated Care Management (CCM), was designed to improve participants' health status and quality of life. Benefits under the CCM program represent an extension of, or an addition to, the member's basic health plan. These benefits can include stress management programs, nutritional education, exercise programs and smoking cessation classes.

* **Call Coordinated Care Management (CCM)** at 1-800-768-6787 from 8:30-5pm daily to inquire about eligibility into the program.